Raiders get to regional finals

The Raider varsity basketball team season ended Saturday night in a hard-fought regional finals contest against reigning state champions Martinsville.

The game, which was close until the final minutes of play, ended in a 61-49 Martinsville win, the fifth consecutive year Martinsville has won the Region III title.

The Raiders reached the regional finals following Friday night's 63-55 win against Lord Botetourt and Thursday night's 45-42 win against Laurel Park.

Kevin Ferguson was leading scorer for the Raiders in both games, scoring 21 against Lord Botetourt and 15 in the Laurel Park contest. He also had eight rebounds against Laurel Park, and seven against Lord Botetourt.

Rick Caldwell scored 15 points and had three assists against Lord Botetourt, and Gary Ferguson had 10 points and five rebounds in that game.

Against Laurel Park, Jeff Miller scored eight points and had 11 rebounds in the Raiders' winning effort.

Saturday's tournament finale was a showdown with a "tough, experienced team," according to Raider coach Coty Dickerson.

"we were tired," the coach noted. "We played three straight nights, and by the fourth quarter against Martinsville, the boys were just worn out."

The Raiders shot well against Martinsville hitting 21 field goals to Martinsville's22. The big difference in scoring was foul shots. Martinsville had 24 opportunities and was successful on 17 shots, while the Raiders were successful on seven of 14 from the foul line.

"We played them (Martinsville) close, but they are a very good ball team. In the final quarter, they held the ball, and we had to go after them trying to get it. The boys just ran out of steam in the fourth quarter," Dickerson said.

Thursday's game against Laurel Park saw the Raiders come back from a poor first half with some help from Coach Dickerson at halftime.

"Laurel Park was up by six in the first half," Dickerson said. "I got after them at halftime, and they snapped out of it to come back for the 45-42 win.

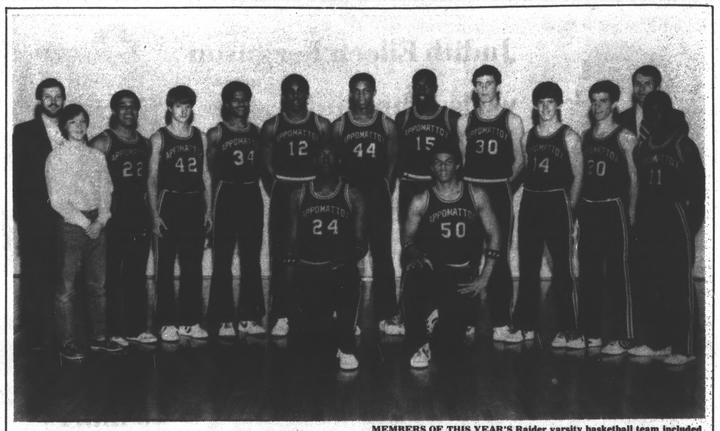
The Raiders had scrimmaged Lord Botetourt before the regular season began, and knew what to expect from their opposition going into that phase of the regional tournament.

"Lord Botetourt is a very physical team," the coach noted. "They hit the boards hard, and are very tough on defense. But we knew we could match up with them." Dickerson noted. The result was a 63-55 win and one of the Raiders' nest efforts in post-season play.

We played four quarters of good basketball," Dickerson noted.

Kevin Ferguson was leading scorer for the Raiders in the tournament, with 58 points. He also had 19 rebounds.

Rick Caldwell had 31 points and five rebounds during the tournament, Gary Ferguson had 22 points and 16 rebounds, Ricky Miller had 18 points and 16 rebounds, Jeff Miller had 13 points and 21 rebounds. Derwin Harvey had six points and one rebound, Bobby Carter had five points and nine rebounds, Todd Scruggs had two points and two rebounds and Mike Jackson had two points and Two rebounds.



Raider team

MEMBERS OF THIS YEAR'S Raider varsity basketball team included (front, from left(co-captains Jeff Miller and Kevin Ferguson; (back row, from left) assistant coach Bob Hudson, manager Darrell Conner, Gary Ferguson, Kinckle Robinson, Derwin Harvey, Todd Scruggs, Mike Jackson, Ricky Miller, Bobby Carter, Timmy Austin, Rick Caldwell, John Hart, and coach Coty Dickerson. (Photo by Allen Austin)

Raiderette volleyball

Team advances to regionals

The Raiderette volleyball team was defeated by a tough Altavista squad in the Seminole District Tournament on March 2, at Altavista. Game scores were 15-12, 12-15, 13-15, 10-15.

Regional squad

The Raiderettes were led by leading scorer Ruby Smith, with 17 points. She was followed by Patty Roach with 11 points. Janice Campbell added 8 points, followed by Kim Hancock with 7 points. They were followed by Suzan Eye and Kim Shupe with 4 and 3 points respectively.

Ruby Smith also led spikers with 28. Kim Shupe and Suzan Eye each added 13 spikes. Kim Hancock followed with 7 spikes.

The spikes were made possible by good sets by Janice Campbell and Patty Roach.

High scorers for Altavista were Michelle Cook and Jenny Hecht with 11 points and Andrea Clidewell with 10 points. Altavista defeated Jefferson Forest in the championship game to advance to the Region III tournament as the Seminole District runner-up.

Appomatttox also advanced to the Region III Tournament by winning the regular season and becoming Seminole District Champions.

The Region III Tournament will be held on Saturday, March 12 at Alleghany County High School in Alleghany. The first match begins at 10 a.m.

The Raiderettes play the Blue Ridge District runner-up, Staunton River, in the second match. The winner of this tournament advances to the state tournament.

Ferguson gets nod

SENIOR KEVIN FERGUSON has been named to the All-Region III basketball squad

Kevin Ferguson, a senior at Appomattox County High School, has been named to the 1982-83 All-Region III Boys' Basketball Squad, it was announced this week.

Ferguson, who was also named to the All-Seminole District team, joins nine other players in the region who were named to the team.

Others on the regional team include Greg Barksdale of Tunstall High School, Coston Cheatham of William Campbell High School, Tony Dallas of Martinsville High School, Vincent Glass of Gretna High, Andy Gray of William Byrd High School, Pug Merchant of Lexington High School, Troy Roane of Lexington High School, Clarence Robinson of Liberty High School, and Byron Stockton of Laurel Park High School.

Ferguson was part of a Raider team which finished second in regular-season Seminole District play, second in the district tournament, and second in the regional tournament.

An outstanding athlete, Ferguson recently signed a letter of intent to play football with the University of Virginia next fall. He led the Raider grid team to the Seminole District title this season, and was named to the all-district, all-region and all-state teams.

Volleyball team

Coach Harris, four players receive all-district honors

Four members of the 1983 Seminole District champion Raiderette volleyball team and the team's coach have been recognized in voting for the All-Seminole District team.

Named to the first squad are Raiderettes Ruby Smith and Patty Roach. Named to the second team is Suzan Eye. Kim Hancock received honorable mention in the voting.

In addition, Raiderette Coach Lucy Harris has been named Coach of the Year in the Seminole District.

Harris guided her team to an undefeated district record during the past season. The Raiderettes, who fell to a powerful Altavista team in the district tournament, will travel to Alleghany County High School this weekend to participate in the Region III volleyball tournament.

Team showed true character

The basketball season which just ended will be remembered as the year when the Raiders came back.

It was a season which started off slowly, one in which the team dealt with adversity throughout the season and one which, finally showed a team with character strong enough to bring Appomattox to within a game of the Region III championship

The season started slowly for the Raiders, and at their Christmas break, there were some who felt the team would not snap out of an early season slump. Appomattox had a 2 - 6 record when the Christmas break began.

But the first game after the break was a turning point for the Raiders. Appomattox had led Liberty almost the entire game. Then, with 40 seconds remaining, Liberty went ahead. But the Raiders fought back and won the game. The new year had started well for Appomattox.

Following a big win over Nelson County, the Raiders went on a roll, winning eight in a row to wind up in the district tournament against Gretna the unbeaten regular-season Seminole District champs.

The district tournament loss to Gretna was disappointing for the Raiders. But, for the first time in 10 years, Appomattox would go into the Regional III tournament by virtue of its second place Seminole District tournament finish..

"It was a season where we were behind to start with, in terms of practice time," noted Raider coach Coty Dickerson. "We lost some tough games at the start of the season by one or two points. But the players showed their character. They overcame adversity throughout the season."

Dickerson told his team to forget the Seminole District tournament loss to Gretna. "That was behind us and I wanted the team to concentrate on the regionals."

The players were tight in the opening game of the regionals against Laurel Park and it took some not-so-subtle halftime prodding from Dickerson to get the Raiders back on track. The animated halftime lecture worked, and the Raiders took the Laurel Park contest, 45-42.

The Raiders went at Lord Botetourt in the second round of the tournament with confidence and finesse. The caliber of play exhibited by Appomattox in the game was evident by the final score, 63-55, favor of Appomattox.

Then came the showdown with Martinsville. Martinsville-three-time state champs, five time Region III titlists. It was a tough game for Appomattox and in the end, the experience of Martinsville combined with that team's talent and a fatigued Raider squad to eliminate the Raiders' hopes of advancing to the state tournament for the first time ever.

"We came back from adversity, and that was the biggest thrill of the season for me, " said Dickerson, who is ending his third year as varsity basketball coach at Appomattox.

"I want to thank the four seniors (KevinFerguson, Rick Caldwell, Jeff Miller, and Derwin Harvey) for the leadership they showed this year and throughout their careers," the coach said. He also gives a great deal of credit for the team's accompolishments to assistant coach Bob Hudson, as well as the coaches of the junior varsity and eighth-grade programs, John Pettyjohn and Ray Archer.

Statistical team leaders this year were as follows:

Points scored -- Kevin Ferguson (379,17.2), Rick Caldwell (305,117 average), Gary Ferguson (167,6.4 average), Jeff Miller (157,6.3), Ricky Miller (144,5.8 average.)

Rebounds -- Jeff Miller (236), Kevin Ferguson (165), Ricky Miller (142), Bobby Carter (95),

Assists - Gary Ferguson (60), Rick Caldwell (56)

Freethrows - Rick Caldwell (113 foul shots our of 151 attempted for 74.8 percent average).

Field goals -- 145 made out of 271 attempted for 53.5 percent average).

Youth association plans baseball registration Sat.

The Appomattox County Youth Association will hold registration for little league baseball again this Saturday, March 12, from 10 a.m. to noon at Central Fidelity Bank in Appomattox, the fire hall in Pamplin, and the old school in Oakville.

The sign-up will include boys and girls ages six through 18. All players ages 13 through 18 are asked to sign up at Best Furniture Store.

Registration fee will be $5. Players are asked to bring a copy of their birth certificate if they have not participated in Dixie Youth baseball before.

Umpires are needed for this season, and anyone interested in umpiring in the league is asked to contact Sammy Carter.

Baseball registration form

NAME _____ AGE _____ HEIGHT _____

ADDRESS _____ PHONE _____

DATE OF BIRTH _____

SIGNATURE OF PARENTS OR GUARDIAN

_____ DATE _____

I hereby give permission for the above named boy or girl to play (Basketball, Football or Baseball) in the Appomattox Youth Association.

RELEASE

For and in consideration of my child being allowed to participate in the Appomattox Youth Association Program, I hereby release all coaches, officials, and the Appomattox Youth Association from any and all injuries which my child may sustain or receive while practicing in the above named mentioned program, either during practice or actual games or going to and from said practice or games.

_____ (Seal)
Parent

_____ (Seal)
Guardian

Team played for last year _____

Golf tourney slated

The Men's Golf Activities Committee has finalized plans for the opening golf tournament for the 1983 season. The two-day event will be held Saturday and Sunday, March 26-27, with an entry fee of $8 per member.

The "Captain's Choice" activity has always been one of the most enjoyed tournaments, especially as the first event of the season. Play will begin with "Shotgun Starts" at 1 p.m. on both Saturday and Sunday, however morning play will be scheduled if participation dictates.

Your activites Committee (Tony Guthrie, Chairman) encourages all members to put away your snow shovels, register at the Clubhouse and let's "Tee It Up" in our kick-off tournament, March 26-27.

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Good News for Homemakers

On controlling your appetite

By SHIRLEY W. WALTON
Extension Agent

Ways to Control Appetites And Cut Calories

This is Part I of a three-part article to help you get in shape for spring. Because of requests, suggestions compiled from Diet, Exercise and Behavior Modification Classes have been summarized for your information.

They are:

1. Write down on paper what you eat with the amount of calories.
2. Watch the snacks between meals....choose only low calorie ones.
3. Chew your food slower and longer.
4. Talk more during the meal.
5. Try sugar-free drinks.
6. Use skim or low fat milk in place of whole milk.
7. Drink a glass of water before eating or when hungry instead of eating.
8. Call a friend or stay busy.
9. Take a walk with someone when you are hungry.
10. Place on the refrigerator door a pretty model or a fat lady.
11. Drink iced tea without sugar instead of soft drinks.
12. Put off snacks 30 minutes everyday until snacktime is omitted.
13. Take stairs instead of an elevator.
14. Put a picture of yourself when you were smaller on the refrigerator to remind you not to eat.
15. Brush your teeth immediately after meals.
16. Stay busy with creative, constructive activities.
17. Try to eat in only one area of the house.
18. Do your nails instead of preparing a snack.
19. Cut up carrots, cauliflower and celery in the morning for munching during the day. They are delicious to munch on while cooking and are very nutritious too.
20. Write a letter instead of eating.
21. Plan your meals with a menu plan and have calories already counted.
22. Exercise every morning for a set length of time which is suitable for you.
23. Use a measuring cup to measure amounts of food.
24. Cut out high calorie foods, gooey foods.
25. Cut down on portions and use a smaller size plate.
26. Buy presliced foods so the amount you eat is accurate.
27. Put some peanut butter on a celery stick when making peanut butter crackers for your children. No cholesterol and good protein.
28. Park the car at one place at the shopping center and walk from store to store--instead of driving.

If you have a homemaking question or problem, you may call 352-8244 or write P.O. Box 488, Appomattox, VA 24522.

Special Opportunity

A new Extension Homemakers Club is being organized. This daytime club will meet in Appomattox County Extension Office on March 29, 1983, at 10:00 a.m. At this meeting the group will select a name, elect officers, and plan meeting times and programs for the year.

You are invited to join and become a member of an extension homemaker club. Extension sponsored programs, activities, and workshops are available to all people regardless of race, color, religion, sex, age, national origin, handicap, or political affiliation.

Have a good week!

RECIPE OF THE WEEK

Apple Pound Cake

3 cups flour
2 cups sugar
1 teaspoon baking soda
3 eggs
1 teaspoon salt
2 teaspoons vanilla
1/2 teaspoon cinnamon
2 cups finely chopped winesap apples
1/2 teaspoon nutmeg
1 cup pecans
1-1/2 cups corn oil
1/2 cup raisins

Combine dry ingredients.

At medium speed, beat oil, sugar, eggs and vanilla until thoroughly combined. Gradually beat in the flour mixture until smooth. Fold in apples, pecans and raisins. Grease and flour a 10" tube pan. If the batter is too thick, add 3 tablespoons of brandy or apple juice. Bake at 325 degrees for one hour and 15 minutes or until a tester comes out clean.

Cool in pan 10 minutes. Store in airtight container for 3 days before serving. Will keep indefinitely in the refrigerator in an airtight container.

Many thanks to Jennifer Midgett for sharing this delicious recipe with us.

Con$umer ene Note$

By OCIE M. MACK

Can You Trust Clothing Care Labels?

Do the labels on your clothes leave you wondering how to clean them? You are not alone. Even professional dryeleaners do not depend on care labels totally in determining the best method of cleaning a garment.

The Intrnational Fabricare Institute's (IFI) Research Center in Silver Spring, Maryland, takes calls daily from cleaners who receive garments labeled "dry clean only"; but suspect that standard dry cleaning methods won't be satisfactory.

Often the dryeleaners are right. The Institute's researchers often testclean items tagged "professional dry clean only" and find synthetics that shrink or laminates that stiffen and peel. Or they find colors that change, fade and bleed.

The problem lies not with dry cleaning itself, but with some clothing manufacturers who give little attention to how the fabrics and trims they use will withstand maintenance. Some manufacturers attach care labels to their clothes without testing the cleaning method the label recommends. Still others produce clothes the IFI lab finds difficult to clean by any means.

The Federal Trade Commission (FTC) requires manufacturers to attach labels telling consumers how to care for clothes. These labels in combination with the information offered on some hang tags that come with new clothing, should guide you in the care of your new purchases. But some common sense and some conversations with your dry cleaners will bring the best care.

Some rules to remember will make sure your clothes are cared for well:

1. Keep care labels attached to clothes. Some may be large, but the information on them is necessary to avoid damaging the clothes. If you take a multi-piece outfit to the cleaners, take all the pieces along, not all pieces are labeled and all should be cleaned together to keep them matching.

2. Keep the hang tags that come attached to the clothes at the time of purchase. Clothing-makers sometimes are reluctant to put complete information on the sewn-in tag, but will include additional information elsewhere. Show these instructions to the cleaners.

3. If you sew your own clothes, ask for care labels when buying the fabric. The manufacturer is required to provide tags you can sew into the outfit you are creating.

4. If, after following instructions, your clothes are damaged, return them with the sales receipt to the store's buyer. The store should refund your money and can return the outfit to the manufacturer for credit. Clothing-makers besieged with returns may, in the future, label their clothes more accurately.

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"Everything To Build Anything"

GLENN MIESCH, state chief of recreation services for the Virginia Commission of Outdoor Recreation, presented a program to the Appomattox County Recreation Committee last Tuesday (March 1). He discussed the services that COR can offer the community of Appomattox in organizing and implementing a recreation system. Shown with Miesch are Peggy Lawson (left), chairman of the Appomattox County Recreation Committee, and Julie Coffman, secretary of the ACRC.

CVCC to offer classes locally

Central Virginia Community College will offer regular college credit classes in Appomattox, Spring Quarter 1983. The courses will be taught at Appomattox County High School beginning Monday, March 28, 1983.

Three courses will be offered during the Spring Quarter 1983. English Composition III and Principles of Business Management I will be offered on Monday nights from 7 to 9:40 p.m. Human Relations will be offered on Tuesday nights from 7 to 9:40 p.m. All three courses are 3 credit classes.

The tuition for these courses will be $46.50 each. Individuals may take one or two of these classes. The cost of the textbook for Principles of Business Management I is $24.95, for Human Relations $19.95 and for English Composition III $7.95. The books are available at the CVCC Bookstore.

Registration will be held at the Appomattox School Annex on March 14th from 11 a.m. to 1 p.m. Students may register at other times and dates at the CVCC campus. Anyone having questions should call the College Admissions Office at 804-239 -0321.

Registration still underway

"Registration is continuing for adults to enroll in both the microwave and accounting classes", states R.B. Carter, coordinator for the adult education program.

The microwave class which started last week, will not meet again until Tuesday, March 15. Three classes are still scheduled. Persons who did not attend the first class will not experience any difficulty with the remaining classes since each class considers different foods. Persons desiring to enroll now will be charged $8.00 for the remaining classes.

An accounting class to start Thursday night, March 17 still has plenty of room for participants. This class will meet on Thursday nights from 7 to 9 p.m. for eight weeks for a total of sixteen hours. Tuition costs for this class will be $22.50 which includes the accounting kit.

Persons desiring to enroll in either of these classes are requested to call 352-8253 between the hours of 8:30 to 5:00 p.m. to pre-register.

Miss Moore on fall Dean's List

Miss Lisa Virginia Moore, the daughter of Mr. and Mrs. Claude Allen Moore, has been named as a candidate for the 1982 Fall Dean's List for Salem College. Miss Moore is a Junior.

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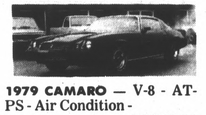

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